

Dear Fellow Employees:

On the WOW website this month find the following:

1. MEN'S HEALTH: abundant links to health-related resources for men
2. WOMEN'S HEALTH: abundant links to health-related resources for women
3. COLORECTAL CANCER AWARENESS: Reduce your risk!
4. WOW NEWS & WOW CONTEST ... It's fun & easy!
5. FITNESS CLUB & PEDOMETER DISCOUNTS ... New 2005 fitness club discounts.
6. Other Regular Features including Archived Pages on NUTRITION & FITNESS: Learn what cutting down on sodium can do for blood pressure ... which fats to choose and which to lose ... healthy fish recipes ... more about "good for you" fruits & vegetables and Delicious Decisions. Access links on walking, stretching, toning, stair climbing ... and cancer, diabetes & heart attack risk reduction.

Be sure to also look for information on the Michigan Surgeon General's "Michigan Steps Up" initiative!

Click just below to go directly to the WOW website:

http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html

or Read On Definitely read on if you want to learn who won the February WOW Contest!

MARCH IS NATIONAL COLORECTAL CANCER AWARENESS MONTH.

The American Cancer Society recommends that beginning at age 50, men and women who are at **average risk** for developing colorectal cancer should have one of the 5 screening options below:

1. a fecal occult blood test (FOBT)* or fecal immunochemical test (FIT) every year, or
2. flexible sigmoidoscopy every 5 years, or
3. an FOBT* or FIT every year plus flexible sigmoidoscopy every 5 years, or
(Of these first 3 options, the combination of FOBT or FIT every year plus flexible sigmoidoscopy every 5 years is preferable.)
4. double-contrast barium enema every 5 years, or
5. colonoscopy every 10 years

Individuals with a personal history or strong family history of colorectal cancer or polyps, or certain other diseases of the bowel should begin screenings earlier and follow their physician's recommendations for repeat screenings. Look for

opportunities to obtain a free FOBT kit, or see your doctor for a kit if you are due for screening.

Check the link below for more on colorectal cancer screening:

http://www.cancer.org/docroot/CRI/content/CRI_2_4_3X_Can_colon_and_rectum_cancer_be_found_early.asp?sitearea=

For information on insurance coverage for colorectal screening, check the Employee Benefits website or contact your PPO or HMO.

State Health Plan PPO members click here:

http://www.michigan.gov/documents/Employees_Book_58654_7.pdf

HMO members click here:

http://www.michigan.gov/mdcs/0,1607,7-147-22854_6648-44368--,00.html

March is also NATIONAL NUTRITION MONTH. Visit the Men's & Women's Health pages for links to resources to keep you informed on how to eat well. Click here: http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html

CONGRATULATIONS, Lorna Beard. You are the winner of the February WOW Contest. Prize: choice of a 1 wk. pass to the MAC or "To Your Health", a book on heart healthy living.

Employee Health and Wellness welcomes SUCCESS STORIES from state employees who would like to share their formulas for getting and staying active, and maintaining a healthy diet. You never know whom you may inspire!

MDCS-WOW-WorkingOnWellness@michigan.gov (email us!)

If you are unable to access our website from the above link, please go to <http://www.michigan.gov/mdcs> and click on Employee Benefits, then Employee Health and Wellness. WOW-negotiated fitness club discounts remain available in a number of areas across the state. Look for one in your area. Please feel free to contact us by calling our toll free number (1 800-505-5011).